

# Charity begins at home



By Col. Irving L. Halter Jr.  
48th Fighter Wing Commander

If you think about it, each and every one of us is lucky. We all have a place to call home, jobs, the ability to care for our families and put food on the table every night. What separates us from the people who are less fortunate than us? The answer is simple: not a lot. At any point, our lives could take a turn for the worse. And we could be one of those who are considered less fortunate.

This month we have the opportunity to provide for those who may be less fortunate. The Combined Federal Campaign kicked off Oct. 1 and will run through mid-November. I consider CFC to be one of my priorities this time of year. I would like to personally hand each of you a booklet and form, and talk to you about what CFC does for our community and those

who really need help. Unfortunately, that won't be possible. What I can do is encourage keyworkers to ensure 100 percent contact. You can give or not give — that is an individual choice. The key is that everyone be given the opportunity to make that choice.

Another event that is happening is the Officers' and Civilian Spouses' Club Holiday Bazaar that runs through this weekend. Hundreds of vendors from everywhere will be peddling their wares giving everyone the opportunity to pick out some unique Christmas gifts. The beauty of this is that every time you buy something there, part of the proceeds from the sale of items will be redistributed within the local community. The OCSC is renowned for giving money to many base and local institutions that need it. Last year, they donated nearly \$60,000 to organizations such as D.A.R.E., the American Red Cross, the Good Sam Program, and Reading Is Fundamental, not to mention several off-base local school charities.

If you have any questions about the CFC program, contact your squadron or group keyworkers. And if you are the slightest bit curious, stop by Hangar 7 this weekend and see what the vendors have for sale. It's good for our base and our local community.

## When the ride is over, we will all go home

Courtesy of the  
48th Fighter Wing Safety Office

*The following article is an excerpt from an eyewitness account of one of the motorcycle fatalities we had in USAFE last year. The names, dates, and other identifying private information have been removed, but the article's message is the same.*

The weather was beautiful, in the upper 70s, and it was generally a nice day to go riding. We all met up near a local gas station about 10:30 a.m. with a general idea of where we would ride but no particular route planned out.

The accident involved a rider — we'll call him Larry. I didn't know Larry very well. I had ridden with him on group rides once or twice last summer and for the first time this summer on this particular Saturday. What little I did know of

him and had observed is that he loved the sport of motorcycling and was not reckless or irresponsible, but a very skilled rider. He was in his mid-twenties and I believe he had been riding for a number of years.

I remember him saying that he did not get much rest the night before and was a little tired. I'm not sure if he had time to eat any breakfast. As the morning went on, we enjoyed our ride and stopped once or twice to take a break and look at the road map. A few of us, including Larry and myself, were getting a little hungry for lunch. But the group consensus was to press on and we would eat a little later. These facts by themselves may not have been direct factors to the cause of his accident, but they may have been contributing factors relating to his judgement in the events that were about to take place.

As we rode on, our group got a little spread out, which is not uncommon. Another rider, I'll

call Joe, and Larry were riding closely together in staggered formation. They had been following a car for approximately 1 or 2 kilometers at about 60 kilometers per hour and were waiting for the opportunity to pass. I was riding about 100 meters behind them when the accident happened. The passing maneuver they were about to perform was not particularly difficult and they were both capable of accomplishing it. As they were exiting a gradual curve, the road ahead was relatively straight. When Joe pulled around the car to pass, Larry also pulled into the passing position behind Joe (unknown to Joe). I didn't know their speed in the passing position but I estimated it to be 100 kilometers per hour. As they quickly accelerated, Joe spotted an oncoming car in his lane that was closing in quickly. He had to make a split second decision. With an

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**On the cover:** Mitchell and Matthew Robb peer into Santa's bag as OCSC Holiday "elves" Corinne Hansen and Kara Caffey look on. Project Santa is just one charity supported by the OCSC Holiday Bazaar. Photo by Capt. Stacey N. Spilling

## Action Lines: Your link to the commander

*The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5367, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; to receive a reply, leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.*

*Irving L. Halter Jr.*  
48th Fighter Wing Commander

### Dual licences

**Q:** Recently, my wife and I registered a new car on base. When we attempted to register the car, my wife was asked for her 3rd Air Force License for the registration, which neither of us expected to be required. My wife is from the Czech Republic and

possesses an International European Driving license, giving her the qualification to drive in England. I explained that she does not have one, so the individual proceeded to inform us about the rules of the licensing, and registered the vehicle using my 3rd Air Force License.

**My question is, why would someone who is already licensed to drive in England be required to attend the driving class and receive the 3rd Air Force License.**

**If it is to allow them to drive on the base property, then we are being partial by not requiring the hundreds of British employees, contractors, and transient aircrew who drive on base to receive this license and/or training.**

**A:** Taking care of our people is one of our top priorities. We're not trying to establish a double

standard; I'm just trying to provide the best driver's training and education to all our people.

Simply said, the current licensing process is in place to ensure the safety of everyone assigned and their families, and to comply with Air Force Instructions and the Status of Forces Agreement.

Driving in the United Kingdom is a demanding task that requires special skills. It is imperative that we provide family members with the most current safety training available for on and off base driving, regardless of what type of license they possess. An international driver's license does allow an individual to operate a motor vehicle in the UK, but is only valid for one year upon arrival to the UK.

After one year the individual must obtain a UK license. With a USAFE FM 374, a family member can operate a vehicle on and off base for the duration of the tour without obtaining a UK license.

# Former CSAF reflects on Kosovo mission

*Editor's note: The following article was first printed in the Armed Forces Journal International, Sept. 1999 edition.*

**By retired Gen. Merrill A. McPeak**  
**Former Air Force chief of staff**

Among the casualties of the recent Balkan air campaign was the hypothesis that air power, employed alone, cannot win in combat. This proposition will continue to be heard, of course. It has become an article of faith, immune to the ravages of evidence. There is an old argument about air power's effectiveness, motivated in part by service partisans who sense budget consequences. Then too, there are some who are genuinely reluctant to intervene militarily, except under the most propitious circumstances. When air intervention is the only practical option, the conviction that, by itself, it cannot be effective, removes us safely from any obligation to act.

Dreadful consequences were forecast in advance of the Kosovo air campaign. This was not the open desert of the Gulf War; whole regiments could disappear into these narrow mountain valleys. Bad weather would be a show stopper. This was a populated landscape; even a few stray bombs would blow up in ugly headlines.

Serbian air defenses were some of the toughest in the world. And so forth. In the main, these predictions were made by people with, at best, a limited grasp of air operations. Some were civilians — former Pentagon officials, academics, politicians—free of any blemish of combat experience. But many were former military men, mostly retired soldiers or sailors with, presumably, a good understanding of their own martial specialties, but little or no involvement in organizing, training, equipping, or using air forces.

From about Day 3 on, the air campaign was solemnly pronounced a failure, a theme that

continued until nearly the end. In particular, the broadcast media, with its insatiable appetite for critical commentary, discovered regularly and often that we were playing a losing hand. This must have

seemed quite bizarre to Milosevic. Sitting in Belgrade, the lights out, the phone dead, our experts assured him he had "achieved his strategic objectives," as though he had aimed for a 50-year setback of the Serbian economy, hoped to cut old-age pensions in half, sought to ration gasoline at two gallons a month, wished to see unemployment skyrocket, and wanted to get an army trapped in Kosovo, dispersed in small units, hiding, impossible to reinforce—unable, perhaps, even to retreat.

Seventy-eight days of bombing finally persuaded Milosevic that the "experts" were wrong. Few of them have since admitted it. (John Keegan, distinguished historian and defense editor of The Daily Telegraph, is an honorable exception.) Most have taken the line that, since we all know air power cannot win by itself, this Kosovo thing must have been a defeat. For example, the bombing did not save 800,000 ethnic Albanians from expulsion and the destruction of their homes.

The fact that bad things happen in a war does not ordinarily interfere with our judgment about outcomes. Six million Jews were murdered in World War II, and the killing accelerated as Allied ground troops approached the death camps. This unhappy fact does not prevent us from concluding, rightly, that we won the Second World War.

Moreover, the ethnic cleansing in Kosovo began in February of 1998, more than a year before the bombing started. Fully 35,000 people, maybe more, had already fled the province in the months leading up to the air campaign. In March,

## Airpower videos

Today through Thursday, the commander's access channel shows three videos daily. They are: 6 p.m., "Recycling on RAF Lakenheath;" 7 p.m., "Air Force Prime Time;" 10 p.m., "Air Force Prime Time;" 11 p.m., "Air Force Television News On Assignment."

when Milosevic concentrated 40,000 troops at the Kosovo border with the obvious intent of finishing the job, we kicked off the air campaign. In short, ethnic cleansing caused the bombing, not vice versa.

Besides, a charge that the air campaign did not stop ethnic cleansing fails the "instead-of-what?" test. We painstakingly exhausted the diplomatic avenues that would have put a peacekeeping force on the ground. In fact, the aim of the air campaign was to get Milosevic to reconsider his rejection of a NATO presence in Kosovo, not to stop him from completing the ethnic cleansing, which we all recognized would require troops on the ground.

No thoughtful military man pretends that war involves easy ethical choices. Certainly a lot of civilian damage was done, including the killing of, perhaps, 2,000 Serbian noncombatants. But inadvertent damage caused by errant munitions or poor intelligence remains an unwelcome by-product of any campaign, air or ground. And this was a war epitomized by restraint. Many records were set. One of them was for most bomb tonnage returned to home base. Our pilots did not drop without reasonable certainty about their targets, and so a lot of ordnance was brought back, or dumped into the Adriatic, which became, by the way, an issue with the Italian government. Something like 23,000 bombs and missiles were actually expended, and we know of 20 instances of unintended collateral

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oncoming car in front of him, a ditch on his left, and a car beside him on his right. There was also a guardrail on the other side of the car he was passing. He decided to abandon the passing maneuver and apply maximum braking.

I don't think I'll ever forget what I saw next. As Larry applied maximum braking with such force, that it lifted his rear tire approximately eight inches off the ground. I didn't realize it at the time, but he struck the rear of Joe's bike because he was following too closely. Joe nearly crashed also but, luckily, regained control of his bike. As Larry's rear tire came back to the ground, he was violently thrown from his bike as the rear wheel snapped back in alignment with the

front wheel and "high sided" him. His limp body was spun around about two revolutions as he hit the ground.

I believe this initial impact is what killed him. We later found out that the rear of his skull was severely fractured. As I applied maximum braking, I watched in horror as Larry's limp body and motorcycle slid approximately 30 yards toward a guardrail. Larry narrowly missed being crushed by his own motorcycle, but his body hit one of the guard rail posts with great force on the right side of his rib cage.

When I stopped and dismounted to come to his aid, he was unconscious. As others came to help, we realized that he wasn't breathing

and did not have a pulse. We then made the decision to remove his helmet and risk spinal cord injury in order to begin CPR. We tried to resuscitate him for what felt like a lifetime, but was probably 10 to 15 minutes. When the paramedics arrived, they tried for an additional 45 minutes. It was no use. Larry was gone.

In the hours and days that followed, I struggled -- like many others -- to assign some type of meaning or reason to the tragedy that had unfolded before my eyes. As I replayed the incident in my mind over and over again, I thought and prayed to God why he had placed me where he did at that moment in time. You see, I was the last rider in our group and the only one to actually see the event take

place. The other riders only witnessed the aftermath. I tried to think how I could take something positive away from this so Larry's passing will not have been for nothing. This is the reason I have written this article: in hopes that you will receive the message that I am attempting to deliver.

I came to the conclusion that the best way we and other riders could honor his memory is to ride with the end in mind. That end being that, when the ride is over, we will all go home to our loved ones. If we can start out our rides with that thought in the forefront of our minds and hearts, rather than living for the thrill of the moment, then we can truly enjoy what the sport of motorcycling and beautiful Europe has to offer.

**Respond to the 1999 United States Air Force Chief of Staff Survey  
and take part in history! Point your browser to:  
<http://csafsurvey.randolph.mil>**





# Liberty Wing medics attack flu season

Active duty members should visit a processing location listed below to accomplish the annual flu shot requirement. Shot records are required. If it is not possible to obtain shot records, individuals will receive the flu shot and a sticker will be provided for placement in the shot record.

The 48th Fighter Wing goal is 100 percent completion by Dec. 3. Influenza epidemics usually peak between December and February.

Members who cannot make these pre-scheduled immunization opportunities should report to the immunization clinic after Nov. 8.

Both shot records and medical records are required for service in the immunization clinic. Family members, retirees, federal health care employees, federal employees with increased occupational risk, DoDDS faculty and staff; child day care providers; Red Cross, DoDDS, and CDC volunteers may report to the immunization clinic for the flu vaccine beginning Nov. 8. Ministry of Defence employees may receive the shot upon approval of the installation or activity commander.

Prescriptions for the flu vaccine

## Flu Shot Schedule

### Oct. 18 to 22

6 a.m. to 6 p.m.

Hanger 6, RAF Lakenheath

Bldg 524, RAF Mildenhall

### Oct. 25 to 27

6 a.m. to 6 p.m.

Hanger 6, RAF Lakenheath

### Oct. 28

6 a.m. to 6 p.m.

48th EMS (AMMO), RAF Lakenheath

### Oct. 29

Time TBA

48th SFS, RAF Lakenheath

### Oct. 25 to 27

6 a.m. to 6 p.m.

352nd SOG, RAF Mildenhall

### Oct. 28

Time TBA

5th SPSS, RAF Feltwell

### Oct. 29

Time TBA

48th CRS, RAF Feltwell

### Nov. 2 to 5

6 a.m. to 6 p.m.

Hanger 6, RAF Lakenheath

### Nov. 1

Time TBA

100th SFS, RAF Mildenhall

### Nov. 2 to 5

6 a.m. to 6 p.m.

Bldg. 582, RAF Mildenhall



Photo by Airman 1st Class Joseph Lozada

Col. Irving L. Halter, Jr., 48th Fighter Wing commander, receives his annual flu shot from Senior Airman Cheri Skibitsky, 48th Medical Operations Squadron. The flu shot program, a vital force protection initiative, begins Oct. 18.

are required for children under the age of 13, and for high risk individuals needing the vaccine prior to Nov. 8.

People over the age of 65, and those with chronic medical problems such as asthma, diabetes and heart disease are especially encouraged to get the flu shot.

Immunization clinic hours are: Monday and Wednesday, 7:30 a.m.

to 4 p.m.; Tuesday, 7:30 a.m. to 1 p.m.; Friday, 9 a.m. to 4 p.m.; Friday 7:30 to 8:30 a.m. (Yellow Fever Only); and the last Wednesday of each month, 9:30 a.m. to 4 p.m.

Active-duty members in uniform are given priority from 7:30 to 8:30 a.m. and from 11:30 a.m. to 1 p.m. Call 7-8148 for more information. (Courtesy of the 48th Medical Group)

## Bazaar gives to the community

By Kris Kockler  
OCSC Public Relations Officer

Polish Pottery, Persian rugs, antiques, crafts and much more are all available in one place, at one time, and in time for the holidays at the RAF Lakenheath Officer's and Civilian's Spouses Club Annual Holiday Bazaar today through Sunday in Hangar 7. The times for the event are today, 4:30 to 8 p.m. (for ID card holders only); Saturday, 10 a.m. to 6 p.m.; and Sunday, 11 a.m. to 5 p.m.

As a result of hundreds of volunteers donating approximately 15,000 hours of work, the American and British communities can participate in one-stop shopping for all of their holiday and personal needs, with proceeds from the bazaar going directly back into both the American and British communities.

"The true beauty of [the bazaar] is the benefit it provides to the local community. The OCSC constitution specifies that 70 percent of all proceeds from the bazaar must be given away," said Shirley Scrafford, OCSC president. "Sue Reece, OCSC Philanthropic Treasurer, is anxious to give money to on- or off-base organizations that have a need." Written requests should be sent to the OCSC Office, RAFL Officer's Club. For more information, call (01842) 827527. In 1998, the

OCSC donated almost \$60,000 to base organizations and local military and British communities.

"The bazaar is a tremendous and exciting opportunity for the OCSC to get involved in the community and on base," said Corinne Hansen, Bazaar Committee Chairperson. "It affects the lives of so many people -- it's really quite humbling."

One of the many base organizations that receive donations from the bazaar is the Family Support Center's "Project Santa." The annual project started last year and provides military families the opportunity to meet Santa and his elves free of charge. Santa sets up a workshop at the FSC, lending an ear to all the eager children with wish lists while his elves work on toys for the girls and boys. He brings goodies directly from the North Pole and even gives away "Reindeer Chow" to place out on Christmas Eve for Rudolph and the rest of the reindeer. Parents are encouraged to bring cameras and camcorders to record each child's visit to Santa's Workshop. This year Project Santa is Dec. 4, 11, and 18.

Many base organizations assisted the OCSC to prepare for the bazaar. The 48th Civil Engineer Squadron managed the electrical re-

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damage. Never before in the 85-year history of aerial warfare have fewer bombs strayed off course.

On balance, we made the war as safe as we could for Serbian civilians and have no apologies to make. Victory and defeat are rarely undiluted, binary outcomes.

On balance, this air victory was about as pure as they come. In a major blunder, the use of ground troops was ruled out from the beginning. I know of no airman -- not a single one -- who welcomed this development. Few airmen today believe that the Air Force suffices to secure the nation's interests. Korea, Vietnam, Desert Storm, and much other experience has accustomed us to combat formations in which land, sea, and air arms unite under joint command.

We stake no claim to win all wars, all the time, all by ourselves, and neither does the Army or Navy. At any rate, it is a ridiculous, unreasonable test, that any service should have to win by itself. But somehow our modesty in this regard has metastasized into something else -- the theory that air power can never win alone, that under no conditions should we rely on air power to achieve victory.

The integrity of this proposition has been damaged as badly as Serbian ambitions. Opportunities to intervene militarily in the affairs of other states will come easily to us, the world's preeminent power.

The case for steering clear of such prospects is likely to be strong enough without recourse to the fable that air power alone can never win in combat.

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Photo by Airman 1st Class Joseph Lozada

Staff Sgt. Pedro Lopez, 48th Medical Group Family Practice Clinic medical technician, takes a patient's vitals before an appointment.

## Family practice assigns PCMs

By 1st Lt. Andrea Vinyard  
48th Medical Group

The 48th Medical Group Family Practice Clinic is changing the way it does business to improve service to families. In the next two weeks, families will be assigned a specific primary care manager to meet their healthcare needs. This modification allows assigned providers to know families and their needs. Families may request a specific provider through the TRICARE Office, however, they will continue to belong to a specific team to ensure help is still available in the event a provider is on leave, or temporary duty.

PCM nurses are part of the team and a valuable source of healthcare information. PCM nurses triage patients before appointments are booked to determine what level of service is required. Nurses are fully qualified to give medical advice to patients over the phone or in the clinic.

"Taking Care of Yourself" is a self-aid book that

will be used by the nurse when talking callers through certain medical situations. These free books are available at the Health and Wellness Center and the Family Practice Clinic.

For acute health care concerns or medical advice, contact the Family Practice Clinic at Lakenheath 7-8770 or 7-8771 between 6 a.m. and 6 p.m. weekdays. After 6 p.m., call the TRICARE Europe Healthcare Information Line, toll free at (800) 896409 or the 48th Medical Group emergency department at 7-4226. A nurse will talk with you about your needs to ensure you receive the best care available.

Another future improvement involves moving the Family Practice Clinic along with all assigned patient records to the ground floor of the main hospital.

These improvements and future improvements are implemented in the spirit of "taking care of our people." These changes are designed to better serve all 48th Medical Group customers. For more information, call the clinic.

## News notes

### Recruit the MTI

The Recruit the Military Training Instructor team from Lackland AFB, Texas, visits RAF Lakenheath Oct. 21 through 23. The team briefs Oct. 21 at 9 a.m. in the Officers' Club on MTI duty, conducts preliminary screening, and provides specific duty information to eligible enlisted members.

MTIs receive \$275 per month in Special Duty Assignment Pay, additional clothing allowance to upgrade uniforms, free dry cleaning, and a stabilized four-year tour. Senior airmen who will commit to a second enlistment through master sergeants with less than 16 years total active service are eligible to apply.

Application packages will be processed by the MTI recruiting team while they're on base. Those interested in applying should make advance arrangements for the remainder of the day to complete all requirements. For more information, call Tech. Sgt. Richard Smith at 7-2068.

### Check guarantee cards

The Community Bank announces the introduction of the new £100 and £50 check guarantee cards. This introduction is timed with the expiration date on many of their current check guarantee cards.

The new £100 cards will be mailed to selected account holders and the £50 cards will be sent to the other check guarantee cardholders. Account holders will be eligible to apply for a £100 card after their Community Bank Sterling checking account has been active for six months. Call the Community Bank, extension 7-3750.

### Summary court officer appointed

Capt. Christopher Zuhlke has been appointed as summary court officer in the estate of Capt. Christopher Bahl, 492nd Fighter Squadron. Any person having claims for or against the estate should contact Capt. Zuhlke.

### Child Find

Educational and Developmental Intervention Services Early Intervention holds a walk-in Child Find screen for children under 36 months Oct. 26 at 8 a.m. to 4 p.m. in Bldg 611 at RAF Lakenheath. EIS provides developmental evaluation and treatment for children up to 36 months of age for any tuition-free DoDDS eligible children. This free screen is available to children of all active duty, DoD civilians, Ministry of Defence, and civilian contractors. For more information, call 7-8926.



## Liberty Warrior

Photo by Airman 1st Class Russ Martin

**Airman 1st Class  
Aaron R. Williams**  
*48th Component Repair  
Squadron*

**Hometown:** New Britain, Conn.

**Time in service:** Two years

**Time on station:** Eleven months

**Role in mission:** I provide traceability to the National Institute of Standards and Technology for all Test Measurement and Diagnostic Equipment in USAFE.

**Hobbies:** Weightlifting, Football and just about any sport.

**Favorite movie/book:** Usual Suspects

**How do you contribute to the wing mission?** Quietly, but effectively I help maintain and repair the Air Force's very important test measurement and diagnostic equipment for all facets of operations in the wing.

**What is the most exciting thing that has happened to you during your Air Force career?** I'd say it's a toss

up between taking part in the USAFE Military Tattoo, and the special athlete I sponsored at the Joan Mann Games winning a medal.

**If you could be or do anything, what would it be?** I've always wanted to be a pilot. It's been a dream since I was a kid.

**What do you want your children to be when they grow up?** Most of all I want my children to be happy with whatever they do, as well as successful.

**What is your philosophy of life and why?** Take every failure and success in life, learn from it and apply it to the rest of your life.



# Liberty cops support Joint Forge from France

by Tech. Sgt. Michael J. Fluck  
16th Expeditionary Air Base Squadron  
Security Forces

The early morning sun breaks the horizon as a KC-135 begins to taxi toward the runway. The scene, however, does not occur at nearby RAF Mildenhall, but at Istres AB, France. This sight is a daily occurrence for the men and women supporting Operation Joint Forge.

Situated in the coastal plains of southern France, Istres is home to the Base Aerienne 125 and the U.S. Air Force's 16th Expeditionary Operations Group. Currently there are approximately 360 active duty, Air Force Reserve, and Air National Guard men and women assigned to the 16th EOG. Sixteen of these men and women are deployed members of the 48th Security Forces Squadron.

Security personnel are responsible for the protection of the KC-135 Stratotankers, force protection, resource protection, and security liaison with the French Air Base Gendarmerie (police forces) and Commandos. The constant rotation of Reserve and guard members into and out of the operations area creates unusual situations that are handled professionally by the members of the 48th SFS. In addition to providing a security function, security forces perform tasks outside of their usual responsibilities, such as acting as the base command post.



Since their arrival at Istres, 48th SFS members have made significant improvements on force protection, including redeveloping the 16th EOG Installation Security and Operations Plans, realigning the restricted area, and identifying a suspicious package. The security forces members also participated in a training exercise with the French commandos.

"It come to me as no surprise that the deployed Lakenheath Defenders are meeting every challenge head on," said Maj. Bill Renfro, 48th SFS commander. "Our squadron members blooms wherever they are planted. We here at home are very proud of Master Sgt. (Gary) Coleman and his troops. We

appreciate their sacrifices both while deployed and by those they left at home."

Coleman, the chief of security forces for the 16th Expeditionary Air Base Squadron, is deployed with Master Sgt. Kevin Coles, Tech. Sgt. Michael Fluck, Staff Sgt. Bradley Campbell, Staff Sgt. Tammy Clover, Staff Sgt. Ricky Goodrich, Staff Sgt. Darrell Shelton, Staff Sgt. Matthew Sutton, Senior Airman Sean Cochran, Senior Airman Ryan Gilbert, Senior Airman Jermaine Ramsey; Airman 1st Class Kelli Boles, Airman 1st Class Cesar Ochoa, Airman 1st Class Shane Ramirez, Airman 1st Class Thomas Stuart; and Airman Andrew Brown.

## RAFL recognizes Red Ribbon Week

By Mr. Edward Cole  
48th Medical Operations Squadron

The RAF Lakenheath community joins the DoD in recognition of National Red Ribbon Week Oct. 18 to 29. Red Ribbon Week is sponsored by the National Family Partnership, a non-profit organization, and advocates a drug free future for youth by promoting a non-use policy of illegal drugs by young people.

The Red Ribbon Celebration is in memory of Enrique "Kiki" Camarena, Drug Enforcement Administration agent.

In 1985, Agent Camarena was kidnapped, tortured and murdered by drug traffickers in Mexico. Agent Camarena dedicated his life to making a visible difference to help irradiate drugs from communities.

The Red Ribbon is a symbol of our commitment to eliminate drugs in our nation's schools and communities.

Air Force members are authorized wear of the red ribbon in uniform during the week as long as it does not pose a safety risk.

Red Ribbon Week recognition activities at RAF Lakenheath include: distribution of red ribbons from the Family Support Center, a briefing for students on current drug issues Tuesday, base chaplains praying for a drug free world and distributing red ribbons to congregations Oct. 24, red ribbon distribution at Lakenheath High School Oct. 25, 11:30 a.m. to 12:19 p.m., distribution of red ribbons and drug use prevention materials at the base exchange Oct. 26, 10 a.m. to 4 p.m., a drug prevention puppet show at RAF Lakenheath Elementary School Oct. 27, 8:30 a.m. to 2:05 p.m., and ribbons distributed at the Post Office Oct. 27 noon to 1 p.m.

## Bazaar from Page 7

quirements and fire prevention, the 48th Logistics Support Squadron donated the use of Hangar 7, and the 48th Equipment Maintenance Squadron provided the wash rack and paint barn. The wing legal office reviewed vendor contract forms, the 48th Medical Group will provide on-call medical assistance, and the 48th Transportation Squadron coordinated all transportation needs. Additionally the 48th Communications Squadron set up a public address system and provides radios; the 48th Services Squadron provides portable toilets and vendor display tables; and the 48th Security Forces Squadron provides parking and security assistance. In addition, base youth groups will pass out food and coffee to vendors.

Officials are at the bazaar today only to assist identification card holders with value added tax exemption on goods costing more than £100. This

will save 17.5 percent on purchases made today only.

Holiday Bazaar coordinators still need about 500 volunteers. Volunteering is an excellent opportunity for to perform community service and for squadron booster clubs to raise money, according to OCSC officials. If volunteers require day care, the OCSC will reimburse the cost of the sitter to you, and all volunteers are eligible for door prizes.

Identification card holders can gain early access to the Bazaar today in exchange for baked goods. If a person brings in three baked goods (i.e. a dozen cookies, pan of muffins and a cake), they can shop from 3:30 to 4:30 p.m. — one hour earlier than everyone else. Baked goods should be brought to the Hangar 7 parking lot today at 3 p.m. All items must be individually wrapped to meet public health standards. Items must be able to sit out safely at room temperature for 3 days. Call Tracy Capozzella at (01842) 827725 for more information.



Photo by Senior Airman Tony Tolley

## Out and about

Maj. Gen. Joseph H. Wehrle, Jr., Third Air Force commander, visits students at RAF Lakenheath Elementary School Tuesday during an orientation tour of all the local Department of Defense Dependant Schools. Wehrle was accompanied by his spouse, Col. and Mrs. Irving L. Halter, Jr., 48th Fighter Wing commander, Col. and Mrs. Glenn Spears, 100th Air Refueling Wing commander, and Col. Mark Perodeau, 48th Support Group commander.

# Common sense is key to leadership

By Jerald Alexander  
48th Fighter Wing  
Military equal opportunity office

The essence of leadership has been reinvented this past decade. We are inundated with leadership philosophy and guidance from high technology and global chief executive officers, ivy league management scholars, and even Winnie-the-Pooh. Yet, Command Chief Master Sgt. Floyd Madrid, 48th Fighter Wing, uses his own approach – basic common sense.

Madrid has been serving in his current position for 18 months. As the wing’s top enlisted leader, he has seen the “best and worst of times” in this position, using the text from Dickens’ *Tale of Two Cities*. He said the major deployments and our involvement in Operation Allied Force were difficult, yet the wing accomplished the mission.

“We saw results. We dropped bombs and did our jobs,” said Madrid.

He believes the wing will continue to achieve the same accomplishments during the Air Expeditionary Force transition.

“Our wing’s ability is to maintain and remain proficient at what we do to support the Air Force.”

His style is hands-on and total involvement.

“As the wing’s command chief master sergeant, I have been able to touch every bit of the wing. It has broadened my horizon in dealing with people,” said Madrid.

His commitment is proactive.

“First, we take care of people. I like to be visible and see first hand people working on jets, in the dining facility, maintenance and repair, hospital, command center, post office, supply and MPF.

This allows me the opportunity to talk and interact with everyone,” said the 28-year active duty member. His hallmark of leadership is indicative of the elementary adage “that you treat everyone with dignity and respect.”

When asked about the importance of today’s NCO, the former security forces member says the drawdown has had an impact on the noncommissioned officer population. “This impact has created a new group of NCOs with lots of knowledge and a sense of pride to accomplish the mission without someone looking over their shoulders.”

His guidance directed toward airmen is plain and simple, “Gather all the facts, set goals and make a decision.” He mentioned that he shared this same direction with his 22-year-old son who is assigned to McChord AFB, Wash., as a loadmaster. He feels the Air Force should not drop standards to recruit new members. His advice to someone considering joining the Air Force; “Examine the facts thoroughly.”

An American with a Hispanic background, the Colorado native said he is proud of his country and his Mexican heritage. He and his spouse Linda (a retired technical sergeant) have raised their children in a diverse culture blending both “Mexican and

Southern Anglo traditions.” He refers to it as, “frijoles and grits.” He foresees that the growing Hispanic-American society will bring a new group of individuals who should aspire to become leaders in various industries, along with the armed forces.

“They should strive to become leaders at all levels such as chiefs and commissioned officers.” His response to the issue about individuals denying unlawful discrimination including sexual harassment or favoritism is that it still exists.

“It does exist; it may not be as open as before. When it comes out, we (leadership) will deal with it. This relates to one of our core values: integrity.” He

emphasized that members should gather all the information and work within the chain of command to clarify such matters.

The role of the command chief master sergeant is a vital contribution within the wing. Madrid’s leadership and determination provides that support to the wing. A faithful and loyal Denver Bronco fan, Madrid serves as the keynote speaker at the Hispanic Heritage Month luncheon Thursday. The event is in the Liberty Club at 11:30 a.m. The cost is \$8 for club members and \$10 for non-members. Contact your group representative to purchase a ticket.



Madrid



# Sensors Shop

## Maintaining technology that takes, tracks bombs to target

By Tech Sgt. Mary McHale  
48th Fighter Wing public affairs

It's a system that provides the "brains" behind the bomb.

Known officially as the Low Altitude Navigation and Targeting for Night system, LANTIRN provides RAF Lakenheath F-15E Strike Eagle aircrews the ability to fire precision guided munitions "through the key-hole" of selected targets.

But when on occasion LANTIRN goes "brain dead," it's up to members of the 48th Component Repair Squadron sensors shop — the "brain surgeons" for these precision-oriented pods — to get the system back on line if flightline avionics specialists are unsuccessful.

"Our mission is to maintain the system that leads bombs to the target," said Master Sgt. Ivan Jackson, sensors shop flight chief. "If they have to bring it to us, it's broke."

Jackson explained the system, which became operational in 1987, consists of two pods — a navigation pod and a targeting pod externally mounted beneath the aircraft. The flight here maintains 54 pod sets for the F-15E squadrons. The F-15Cs do not use the system based on their air to air mission.

According to an Air Force LANTIRN fact sheet, the navigation pod "provides high-speed penetration and precision attack on tactical targets at night and in adverse weather."

The 451.1-pound navigation pod has a terrain following radar that works with aircraft flight controls to sense and avoid obstacles. This ability "enables the pilot to fly along the general contour of the terrain at high speed, using mountains, valleys and the cover of darkness to avoid detection."

The 530-pound targeting pod uses optical sensors and a laser designator to transmit target imagery to the aircrew member.

"Although the pods are used for different tasks, they have a common system, FLIR, pronounced fleer," said Senior Airman Andre C. Williams, sensors shop technician. "FLIR stands for Forward Looking Infrared and it converts infrared energy, or heat, into black and white video in day or night."

"On the Nav Pod, FLIR is used for line of sight to provide the pilot with a view of the area in front of the aircraft," said Williams. "On the Target Pod, FLIR provides the Weapons System Officer, the ability to selectively view possible and known targets. While using the common FLIR system, the aircrews get different results from each pod."

"When the weapons system officer fires a laser, the bomb locks onto the laser and follows it to the target. What the officer sees on his radar screen is what the pod is looking at. We make our money with the targeting pod," Jackson said as he referred to which pod receives more regular maintenance. "We're like the Maytag repairman with the navigation pod — they're so reliable."

The 39-member unit conducts a three-shift operation that consists of two test labs — the red lab and blue lab — where the pods are brought from the flightline for required off-aircraft maintenance. Jackson said they prefer not to remove the pods from the aircraft if possible, and in some instances, unit members will go out to the flightline to troubleshoot a problem.

"They are the driving force behind F15E-models dropping bombs on target," said Chief Master Sgt. Frank Levand, 48th CRS Avionics flight chief. "The sensors troops are a very dedicated lot — no matter how long they work, they never complain, their attitude is awesome. During Allied Force, unit members worked shifts 7-days-a-week, 24-hours-a-day."

In that period, the section repaired 66 targeting pods, five navigation pods and 133 line replaceable units. Their work on the targeting pods racked up production numbers unmatched by any other LANTIRN section in the Air Force according to a 48th Component Repair Squadron Allied Force War Capsule fact sheet.

At the same time, sensors troops supported Operation Northern Watch and Operation Southern Watch.

This accomplishment is especially significant based on the fact that most of the sensor troops agree that while they work with leading edge technology, their test equipment is close to what one troop called "obsolete."

"Obsolescence is our biggest challenge," Jackson said, but added that upgraded test equipment should be a reality within the year. For example, the current average turn-around time for a job is about three hours but the new equipment will enable them to test units faster because it will handle multiple units instead of one at a time.

Along with LANTIRN maintenance shop members also maintain the F-15E's airborne videotape recorder. Staff Sgt. Sean Darner, sensors team leader, said aircrews use the videotapes to critique missions and see if problems that occur are aircraft or aircrew oriented. Darner said recorder maintenance is minimal as they are generally extremely reliable and the sensors unit mainly sees them primarily for routine phase cleaning.

"Any product they turn out is filled with pride," Levand said. "I attribute that to the strong leadership of our senior NCOs who really know their business. The sensor shop never lets us down."



Airman 1st Class Aaron Colborn (left) and Airman 1st Class David Contreras, avionics apprentices, perform maintenance on a Low Altitude Navigation and Targeting for Night system targeting pod in the unit's test lab.





SrA. David Her, an avionics instrument journeyman who works in the sensors unit, connects a targeting pod central electronic unit to a test station.



**Above:** Along with maintaining the Low Altitude Navigation and Targeting for Night system pods, the sensors unit also maintains the F-15E's airborne videotape recorders. **Left:** Airman Michael Nuber (left) and Airman 1st Class Michael Shipman, avionics apprentices, prepare to troubleshoot a targeting pod on an F-15E Strike Eagle on the flightline. Shop photos by Senior Airman Louis Rivers; flightline photo by Staff Sgt. Scott Davis.



# Closeout '99

## Improving Team Liberty Quality of Life

By Capt. Derren Burrell  
48th Comptroller Squadron

The Liberty Wing is committed to striking the proper balance between mission requirements, base facilities, infrastructure, and quality of life for its members. As was featured a few weeks back in the *Jet 48*, this is the time of year we are able to close the account books on fiscal year 1999 and transition into the new fiscal millennium. We maintained our commitment to improving the wing's quality of life during Closeout '99, again succeeding in supporting our most important assets — our people.

Quality of life means different things to different people. It ranges from replacement of dilapidated furniture in the workplace to provision of services for all members. This year we were able to make a significant dollar investment in quality of life. Here are some of the major things we did to improve our community and working conditions:

**Mission-related purchases:** One of the most important components in our quality of life is investing in readiness equipment and supplies. This is paramount for the Liberty Wing to remain the foundation of USAF's combat capability. Because of this, the largest amount of closeout spending was given to the replacement, enhancement, and refurbishment of various mission requirements wing wide, affecting all groups on base. Examples include a tool control system for the 494th Fighter Squadron, portable drive-on scales for transportation, guardian lockers for the security forces, a multimedia projection system for the courtroom, and a portable media center for public affairs. Investments such as these help us work smarter, not harder, to get the job done.

**Safety and security:** Always our highest concern, we invested several hundred thousand dollars in various infrastructure improvements designed to make the workplace safer. From marking power panels, to installing the newest and safest 110V outlets, to fixing roof leaks and drainage problems throughout the wing, we did our best to improve the buildings that encompass the 48th Fighter Wing. Also, we secured the dollars

necessary to fund a project for closed-circuit television to be placed in key areas throughout the wing, and surveillance cam-

diovascular equipment in the fitness center will be retrofitted with a speaker system linked to different television stations. This allows people to "choose" their own channel to watch and listen to while working out.

**Furniture:** Purchases in this area helped keep in line with Air Force policy to place new furniture in new or newly renovated buildings such as Hangar 6. Across the wing



Photo by Airman 1st Class Joseph Lozada

From support agencies to bomb loading, from school cafeterias to the chapel office even the RAF Lakenheath Fitness and Sports Center will receive money from Closeout '99. The fitness and sports center is slated to be retrofitted with a speaker system linked to different television stations, allowing people to "choose" their own channel to watch and listen to while working out.

eras in the child development center, adding to the tight security that already exists — helping wing families feel safe and secure while overseas.

**School cafeteria equipment:** The DoDDS school cafeterias were in dire need of new equipment. Present equipment dates back 30 years. We took steps to correct this important concern of our parents. Third Air Force provided \$77 thousand to replace equipment such as refrigerators, freezers, stoves, dishwashers, fryers, and more. This is an investment in the future of our children, and one that was long overdue.

**Computer upgrades:** Although it remains quite a challenge to keep a steady pace on the information highway, the Liberty Wing invested more than \$600 thousand toward computers — replacing old, non-Y2K compliant systems with the latest technology on the market.

**Fitness center cardio theater:** The car-

several units will benefit from replacing old furniture, as more than \$600 thousand was invested in this area.

**Chapel office:** Consistent with meeting the spiritual needs of wing member, we funded a project to renovate the reception area at the chapel, allowing a more user-friendly front office. Also, a golf-cart was purchased to allow chaplains to visit various workplaces on the flightline during exercises and surges to encourage our airmen when the workload becomes heavy.

Not an all-encompassing list, these items demonstrate our commitment to you because a *Leading Edge Team* deserves a high quality of life. It is our belief that we shape tomorrow's warrior attitude by investing resources where Liberty Wing members will be able to see an improvement in all aspects of life here in the United Kingdom. The wing funding strategy for FY 2000 is the same - to strike a balance. You will not be forgotten.



# Discover Britain

with Linda Laws, community relations advisor

## Divided by a common language

### What's in a word?

Winston Churchill once said, "we are two nations divided by a common language." It is not surprising that there are times when the words we hear are not necessarily the ones we are expecting to hear, and sometimes words that we don't even understand.

Soon you will catch on to most of the meanings after hearing them a few times. For example, those lorries we talk about are trucks. It might take a few times of ordering chips to realise they are the same as french fries, and for us to realise when we order potato chips they are actually what we know as potato crisps and not chips. Confusing, isn't it?

Mind you, we sometimes confuse ourselves even more by changing words: what used to be known as a dustbin man (a person who collects garbage) is now called a refuse collector or bin man.

No area escapes, and particularly words connected with vehicles and driving can be really interesting. A sedan to us is a saloon car, the station wagon is an estate car. Your trunk is our boot and the muffler is our exhaust pipe. A muffler was a word in common use in Victorian times and was a scarf worn around the neck to keep you warm.

When looking for housing, particularly at apartments in buildings with more than one

floor, remember that the lowest level to us is the ground floor and not the first floor. If you are looking for an apartment, it is probably called a 'flat' here. We use a lift, not an elevator, to get from one floor to another. The houses standing alone are called 'detached' and the ones joined to another are 'semi-detached.' The ones attached to each other, sometimes a whole street's length, are called 'terraced' houses.

We use a cooker to prepare meals, whereas you use a stove. You will still hear the term 'oven' over here too, which now is quite an old-fashioned word. When asked one day where to purchase a faucet, it took me a few seconds to realise what was wanted was a tap — I had never heard the word before. We have wardrobes in our bedrooms, and you have closets.

Going out and about can mean different things too. We go on holiday, you take a vacation. Our long weekends are called public holidays, or bank holidays. People over here often take a 'fortnight' for their holidays, which is another way of saying two weeks.

When we use the telephone and the line is busy, we call that 'engaged.' Using directory enquiries is the same as using the information service.

When buying tickets on our public transport system, if you are only going to somewhere and not returning (i.e. not coming back the same way) you will need to buy a single ticket (it is sometimes called one-way.) If you are coming back the same way, a return ticket is what you need. Remember that it is normally cheaper to buy return tickets than single ones.

### Sayings

Some sayings we use over here have meanings entrenched in history. Bringing home the bacon is an interesting one. It means to be successful in a venture, and is believed to have originated in connection with the Dunmow Flitch, a tradition established in 1111 at Dunmow, Essex. Married couples who could prove that they had lived together for a year and a day without quarrelling could claim a gammon of bacon. A feather in your cap refers to an honour or achievement of which one can be proud. It dates from 1346 when the Black Prince was awarded the crest of three ostrich feathers of John, King of Bohemia, after he distinguished himself at the Battle of Crecy.



Photo by Airman 1st Class Joseph Lozada

Chips or crisps?



Fries or chips?



Boots, not a trunk of a car.



Is it a boot? Or is it a trunk? It's both!

**For more information on living in Britain, call Linda Laws at 7-3145, or e-mail [linda.laws@lakenheath.af.mil](mailto:linda.laws@lakenheath.af.mil)**



## Briefs

### Bazaar news

The Officers' and Civilian Spouses' Club Holiday Bazaar is scheduled to end Sunday. Identification card holders only today and the event is open to all Saturday and Sunday. Call Corinne Hansen at (01638) 780240 for more information.

### Neighborhood watch meeting

A neighborhood watch meeting is slated for (time) Thursday in building 1064, 48th Security Forces Squadron training building.

### Officers' Club Halloween

The Officers' Club offers October-Frightful Family Night at 5 p.m. Oct. 27. A Halloween costume contest, buffet and prizes run in conjunction with normal family night.

October-Horror Fest and Crud Tournament starts at 6 p.m. Oct. 29. A Swing contest and \$50 costume contest are available.

### Hispanic Heritage Month luncheon

To celebrate National Hispanic Heritage Month a luncheon is slated for 11:30 a.m. Thursday at the Liberty Club. Cost is \$8 for club members and \$10 for non-club members. Command Chief Master Sergeant Floyd Madrid, 48th Fighter Wing, will speak in honor of the celebration.

Call Tech Sgt. Guillermo DaCosta Gomez at (01638) 532271 or 7-9558 for more information.

### Commissary positions available

The RAF Lakenheath Commissary is accepting applications for store workers and sales store checkers end today. Applications may be picked up at the commissary between 8 a.m. and noon weekdays.



Photo by Capt. Stacey N. Spilling

### Quiz Night in Brandon

American and British members of the extended RAF Lakenheath community enjoy Quiz Night sponsored by the British American Committee in Brandon Oct. 6. The BAC sponsors events throughout the year designed to foster positive British and American relationships.

### Genealogy workgroup

A genealogy workgroup will meet at 7 p.m. Nov. 8 at the RAF Lakenheath Community Center. Topics to be discussed include starting a family tree, research techniques and Internet sources. For more information contact Staff Sgt. Sean Barrett at 7-3550 or 7-1472.

Community Center. No appointments are necessary. Children receive an exam, fluoride treatment and oral hygiene instructions. Call 7-8800 for details.

### City College of Chicago

The City College of Chicago is looking for a part-time test administrator. A bachelor's degree and one- to three-years work experience, preferably in an educational environment is required. Salary is \$8.02 per hour. For more information contact 7-3507 or 89-3473 for details.

### Well-baby dental program

The RAF Lakenheath pediatric dentist sees children 3 years old and younger from 8 to 11 a.m. the first and third Monday of each month (except on holidays) at the RAF Lakenheath

## DoDDS

### Pupil transportation:

## Safety top priority



By Scarlett Rehrig  
DoDDS  
UK Superintendent

As we move forward in this school year, teachers, administrators and pupil transportation specialists are fine-tuning the education and transport of our children to ensure the best possible environment. Many changes implemented when schools commenced in August were a direct result of community input and responsive action by Department of Defense Dependent Schools personnel. Process improvement is continuous, and both DoDDS personnel and parents quickly identified minor glitches in the school class times and bus schedules.

I conducted my first DoDDS Town Hall meeting on Sept. 22 in the Lakenheath High School auditorium. All five principals, DoDDS European Transportation Management Office and UK District staff participated in discussions with attendees while certain target questions posed to the audience were electronically tallied using a technology test platform. The feedback is helping to fine-tune the educational experience in this community.

Participant response in the area of pupil transportation is summarized as follows:

- 68 percent of Town Hall respondents have a child who rides a school bus
- 70 percent of Town Hall respondents believe children are receiving effective bus safety training through the school bus office and school
- 97 percent of Town Hall respondents believe the presence of Safety Assistants on buses makes it safer for children to ride the bus
- 41 percent of Town Hall respondents are satisfied with improvements in bus scheduling this year
- When asked to identify their top concern regarding school bus transportation, 26 percent of participants selected "discipline on the bus"; 21 percent picked "safety on the bus"; 20 percent chose "safety at the bus stop"; 11 percent listed "bus schedules"; 10 percent opted for "safety at the loading zone", and 2% selected "eligibility for school bus transportation". 10 percent of respondents indicated they have "no concerns about school bus transportation".

This community input came at a time when schools and pupil transporters were already formulating plans to improve journey and wait times for student bus riders. Subsequently, DoDDS administrators and DoDDS school bus office personnel have coordinated schedule changes with base officials. The changes affect Lakenheath Elementary students, and parents are receiving letters detailing the 20-minute shift in the school's class times (8:15 a.m. to 2:35 p.m.). Liberty Intermediate School will see only a 5-minute change in the afternoon release time (2:45 p.m.). Lakenheath High School class times will not change (8 a.m. to 2:45 p.m.).

DoDDS and DETMO officials will continue working with the leadership to meet community needs and expectations. Your input as a parent and stakeholder helps guide our efforts, and I encourage you to share your concerns with us at any time.

**Col. Irving L. Halter Jr.** – 48th Fighter Wing commander; **Capt. Stacey N. Spilling** – Public affairs chief; **Capt. Peter Kerr** – Deputy chief of public affairs; **Tech. Sgt. Mary McHale** – Public affairs NCOIC; **Staff Sgt. Dean J. Miller** – Editor; **Airman 1st Class Russ Martin** – Assistant editor. **48th Fighter Wing public affairs – USAFE Public Affairs Director's Excellence Award (small unit).** Published by Forest Publishing (E.A.) Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the "Jet 48" are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photos are Air Force photos unless otherwise indicated. The deadline for submissions to the "Jet 48" is noon Friday, the week prior to publication. For weekend events, the deadline is noon the Monday prior to publication, provided the editor is notified in advance. The public affairs office reserves the right to edit all material submitted for publication. Contact the editor in building 1085, call 7-5640, e-mail Jet.48@lakenheath.af.mil or fax 7-5637.



Photo by Senior Airman Louis Rivers

## Ballet basics

Ineke Honingh receives classical ballet instruction from Marina Underberg-Bostock, Ballerina from the Bol Shoi Ballet. She holds diplomas in both teaching and choreography. The RAF Feltwell Community Center offers ballet classes at 5 p.m. Tuesdays. People ages five and older and beginner to advanced, are encouraged to take the class. Cost is \$6.50 per class, first class is free. Call 7-7023 to sign up.

# Services

## Aircraft sale

The RAF Lakenheath Services Squadron accepts sealed bids on the sale of aircraft owned by the Aero Club. Bidding is currently open to authorized U.S. identification card holders only. Individuals interested in bidding may obtain additional information by contacting the aero club at 7-3152 or the NAF Finance Offices at 7-2613. Sealed bids are accepted through noon Oct. 29.

## Officers' Club

Membership appreciation night is from 5:30 to 8:30 p.m. Wednesday. A prime rib dinner is offered, and includes: salad bar, choice of potato, vegetable du jour and complimentary dessert. The event is for club members and their guests only. Call 7-2535 for more information.

The Officers' Club offers holiday meals to go. Sales have started for entrées from a roasted turkey to glazed pitted ham dinner. Each dinner includes: stuffing, mashed potatoes with gravy, sweet potatoes, green beans, cranberry sauce, one pecan pie and one pumpkin pie (each meal serves eight to 10 people). The service is available from Nov. 1 to Dec. 23. Cost is \$95. Call the caterer to make reservations at 7-2535.

A two-for-one steak night is every Tuesday in October. Chef's steak is \$15.95. Buy one, get one free. Single servings are \$7.95. The offer is available to club members only.

## Liberty Club

A birthday bash is from 5 to 8 p.m. Wednesday. Liberty Wing members with birthdays in October can celebrate with the club and other October babies. Primary club members will receive a free meal from our special birthday bash menu. Everyone in the birthday party will re-

ceive hats and horns, and enjoy free cake and ice cream for dessert. Call 7-2489 for more details.

## Halloween balloon deliveries

The RAF Lakenheath Community Center delivers balloons starting at 9 a.m. Oct. 28 and 29. Cost starts at \$8.50. Orders can be taken beginning Monday. Scare friends and colleagues with a balloon delivery from a scary messenger. No deliveries can be made to restricted areas. Call 7-2221 to place an order.

The RAF Feltwell Community Center delivers balloons starting at 11 a.m. Oct. 28 and 29. Cost starts at \$8.50. Send a trick or treat with a balloon gram to a friend or co-worker. Deliveries are limited to RAF Feltwell. Call 7-7023 to place your order.

## Knights Table

A birthday meal is at 6 p.m. Tuesday. The event is open to dormitory residents accompanied by one guest during their birth month. Call 7-2915 for more details.

Southern style food will be served from 11 a.m. to 1 p.m. Wednesday at the Knights Table.

A dessert extravaganza is from 11 a.m. to 1 p.m. Thursday at the Knights Table. Call 7-2915 for more information.

## Violin instructor needed

The 48th Services Squadron has a violin instructor position available. Applicants must be Stave House certified. For more information call 7-3842.

## Outdoor recreation

A St. Andrew's golf trip is Oct. 25 through 29. Sign up at the outdoor recreation center by Monday. Call 7-3820 for more information.



# Movies

## RAF Lakenheath

### Friday

7 p.m. - "Drop Dead Gorgeous" (PG-13) Starring Kirstie Alley and Ellen Barkin. In a small town, everyone involved in the local beauty pageant contest knows only one thing counts, winning.

10 p.m. - "For the Love of the Game" (PG-13) Starring Kevin Costner and Kelly Preston. In the midst of pitching a perfect game against the New York Yankees, Chapel, who has been the heart and soul of the Detroit Tigers, thinks back upon his long career and his tempestuous relationship with Jane.

### Saturday

7 p.m. - "Double Jeopardy" (PG-13) Starring Tommy Lee Jones and Ashley Judd. A young woman, after serving eight years in prison, tracks down her husband, who faked his own death and framed her for the murder as part of an insurance scam.

10 p.m. - "American Pie" (R) Starring Jason Biggs and Jennifer Coolidge. A group of friends at the end of their senior year make a pact to lose their virginity by prom night. In their attempt to fulfill this mission, they come to some surprising, hilarious and often touching realizations about themselves.

### Sunday

7 p.m. - "American Pie" (R)

### Monday

7 p.m. - "Double Jeopardy" (PG-13)

### Tuesday

7 p.m. - "American Pie" (R)

### Wednesday

7 p.m. - "Double Jeopardy" (PG-13)

### Thursday

7 p.m. - "Double Jeopardy" (PG-13)

### Oct. 22

7 p.m. - "American Pie" (R)

10 p.m. - "Eyes Wide Shut" (R) Starring Tom Cruise and Nicole Kidman. Two psychologists (who also happen to be husband and wife) have a secret life with their patients, including extramarital sex, cross dressing and drugs. They are mired in sexual obsession and jealousy.

## RAF Mildenhall

### Friday

7 p.m. - "Mystery Alaska" (R) Starring Burt Reynolds and Russell Crowe. A little town on the outskirts of greatness may look cold and unexciting from the outside but inside, behind closed doors, the town has all the sex scandals, hidden secrets, prying eyes and political hypocrisies of any urban den of iniquity.

9:30 p.m. - "Blair Witch Project" (R) Starring Heather Donahue, Michael Williams and Joshua Leonard. Three film students travel to Maryland's Black Hills Forest to shoot a documentary about a local urban legend ... The Blair Witch. The three went into the woods on two-day hike to find the Blair Witch, and never came back. Now their story is told.

### Saturday

2 p.m. - "Inspector Gadget" (PG) Starring Matthew Broderick and Rupert Everett. A wild and quirky adventure comedy about a somewhat naive and inept security guard, John Brown, whose big heart is equal to his far-fetched dreams of becoming the world's greatest police officer.

4 p.m. - "Inspector Gadget" (PG)

7 p.m. - "Mystery Alaska" (R)

9:30 p.m. - "Blair Witch Project" (R)

### Sunday

2 p.m. - "Inspector Gadget" (PG)

4 p.m. - "Inspector Gadget" (PG)

7 p.m. - "Mystery Alaska" (R)

### Monday

7 p.m. - "Blair Witch Project" (R)

### Tuesday

7 p.m. - "Lake Placid" (R) Starring Bridge Fonda and Bill Pullman. This tranquil setting is probably the last place you'd expect a gruesome fatality. But then it's also the last place you'd expect to find a 30-foot, narrow-snouted, multi-tooth, reptilian of the species Crocodylus. An eating machine more commonly known as crocodile.

### Wednesday

7 p.m. - "Lake Placid" (R)

### Thursday

7 p.m. - "Blair Witch Project" (R)

### Oct. 22

7 p.m. - "Mystery Alaska" (R)

9:30 p.m. - "Blair Witch Project" (R)

An outdoor recreation trip for hiking and biking in Wales is Nov. 6 and 7. Sign up by Oct. 24. Call 7-3820 for more information.

## Boss's Day balloon deliveries

The RAF Lakenheath Community Center delivers a balloon gram to bosses beginning at 8:30 a.m. today. Prices start at \$8.50. Gifts are also available. For security reasons, there are no deliveries to restricted areas. Call 7-2221 to place an order.

The RAF Feltwell Community Center delivers a balloon gram to bosses beginning at 11 a.m. today. Prices start at \$8.50. Deliveries are limited to RAF Feltwell. Call 7-7023 to place an order.

## Arts and crafts

Arts and crafts offers a two-week cake decorating class from 6:30 to 8:30 p.m. Thursdays. Cost is \$20. Learn how to use different cake decorating tips, as well as how to hold the decorating bag, pressure control and consistent icing. Call 7-2194 to sign up.



# Creatine: The supplement that works?

By Christopher D. Jordan  
Exercise Physiologist, Health and Wellness Center

Nearly every athlete has heard of the supplement creatine. Olympic athletes have been using it since the 1980s, and its use has been on the rise ever since. Now creatine is widely available to the general public. But what is it and does it really have any benefit?

## Creatine: the basics

Creatine is a naturally occurring energy-producing substance in human beings. It's produced in the liver and transported to the muscles. Creatine is also consumed in the diet (meat, fish, and other animal products). Typically, one gram a day is produced and one gram a day is consumed. Since the body can readily produce creatine it's not an essential dietary requirement. Creatine is broken down and excreted at the rate of two grams a day. Thus, creatine levels in the body remain constant and 95 percent of the total creatine is stored in the muscles.

Muscles will not work, or contract, unless energy, adenosine triphosphate (ATP) is available. All muscles have a store of ATP to allow short bursts of high intensity, intermittent (anaerobic) activity. Creatine helps re-synthesize ATP. Without creatine, stored ATP could only provide one second of maximal activity. Creatine re-synthesizes ATP to allow a further six to eight seconds maximal activity. Without creatine a 100-meter sprinter could only sprint 10 meters.

Recent evidence has shown that ingesting oral creatine monohydrate can significantly increase creatine stores.

## Effects on exercise performance and body composition

Generally, short-term creatine supplementation significantly enhances the ability to maintain muscular force and power output during short bursts of high intensity, intermittent activity. Creatine supplementation does not seem to affect aerobic performance, however, it may enhance short-term anaerobic bouts interspersed with aerobic exercise.

For example, a weight-lifter can bench press 200 pounds for 10 repetitions for four sets. With creatine supplementation he may be able to bench press 200 pounds for 12 to 15 repetitions for five sets. Thus, creatine will not immediately increase strength, but will allow a greater volume (repetitions and sets) of high intensity activity.

This example can be applied to many other activities. For example, with creatine supplementation sprinters could sustain maximum speed for longer periods of time, basketball players could jump high more often with reduced recovery time, racquetball players would experience less fatigue from their repeated explosive movements and circuit trainers could perform more repetitions on the high intensity anaerobic stations (e.g. push-ups).

The other short-term effect of creatine is weight gain. Studies have shown an increase in weight of 1.1 to 11 pounds in five to six days. This is due to water retention. As the extra creatine is transported into the muscle, extra water follows. Consequently, muscles become 'bloated' and may appear bigger or more pronounced. Weight lifters often confuse this *rapid* increase in weight and apparent muscle size with an increase in muscle mass. It is not.

Long-term effects, however, do include significant increases in strength, muscle mass (hypertrophy) and creatine accumulation in the muscles.

## How does it work?

The mechanism is fairly simple. By ingesting more creatine the body ultimately stores more creatine in the muscles. More creatine in the muscles allows more ATP to be re-synthesized. More ATP allows more high intensity activity to be performed. In the long-term this allows increased training intensity, increased training volume (weight, sets, repetitions), greater training stimulus and greater physiological adaptations (muscle mass and strength).

## Prescription

Creatine supplementation is of most benefit to those athletes who participate in sports and activities that depend upon the ability to perform short bursts of high intensity, intermittent activity. The recommended dosage is 20-30 grams per-day of creatine monohydrate taken as four to five gram dosages throughout the day, with two hours between dosages for five to six days (loading phase). To maintain elevated levels in the body, maintenance doses of two grams per day should be taken following the loading phase.

## Caution

The effect of creatine supplementation varies widely between individuals

such that some may not gain any benefit. All the research evidence relates to creatine monohydrate. There is no evidence to suggest other forms of creatine supplementation (creatine citrate, creatine phosphate, creatine combined with protein/carbohydrate) have the same effect.

Creatine supplementation can also lead to some adverse reactions including minor gastrointestinal distress, nausea and muscle cramping. Furthermore, the long-term effects of creatine supplementation are not precisely known. The recommended loading dosage is 20-30 times greater than that normally ingested. This may have an effect on the liver or kidneys.

In summary, creatine is a supplement that has strong scientific evidence supporting the claims. However, as with most supplements, it works *only* in conjunction with an appropriate exercise and diet program and the research is biased towards the athletic population. For the general population, creatine supplementation is an extra expense with limited return.

For further information on creatine supplementation, exercise or nutrition, contact the HAWC at 7-2710.

## Sports shorts



Photo by Senior Airman Tony Tolley

### Lap swimming

A Liberty Wing member swims laps at the base pool. Call 7-2815 for more information on swimming activities and times.

### American Exiles 3rd Air Force Rugby Team wins 22-17

The 3rd Air Force American Exiles Team, the only all-American rugby team in the English Rugby Union League, crushed the Stowmarket Rugby Club to win its first league match, 22-17. Fresh from the annual Ireland tournament, Josh Frank, 100 Air Refueling Wing, was selected "Man of the Match" after scoring three goals, while Chris McGuire, 48th Contracting Squadron scored one goal.

The American Exiles Rugby Club is recruiting interested players from RAF Lakenheath and RAF Mildenhall. Practices are 7 to 9 p.m. Tuesdays and Thursdays, Scaltback Middle School, Newmarket. Call Mike Callahan at 7-8742 or John Heslin at 89-2732.

### Volleyball tournament

Base varsity volleyball teams from around Europe converge this weekend on the RAF Lakenheath Fitness and Sports Center for a tournament.

The men's team plays Saturday at the fitness center and won the women's team plays Sunday at the

RAF Lakenheath High School Gym. Playoffs will be Sunday in the fitness center. Call 7-3610 for details.

### Fitness center

The RAF Lakenheath Fitness and Sports Center offers several aerobics classes. The schedule is:

- Step aerobics, 6 a.m. Mondays, Wednesdays and Fridays
- Combat readiness, 6 a.m. Tuesdays and Thursdays
- HiLo, 9:30 a.m. Tuesdays and Thursdays
- Combat readiness, 11:30 a.m. Mondays, Wednesdays and Fridays
- Step-n-sculpt, 5 p.m. Mondays and Fridays
- HiLo and abs, 5 p.m. Wednesdays

All classes are free. Call 7-3607 for more details.

### Golf news

The golf course offers all-you-can-hit range balls for \$5 from 5 to 7 p.m. Mondays and Thursdays. The event has free instruction available to all participants.

Call 7-2223 to reserve weekend tee times on the Monday prior.